



CROSS COUNTRY
10- 14 Day Heat-Acclimatization Period

1. Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
3. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
4. On a double-practice day, neither practice should exceed 3 hours in duration, and student-athletes should not participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
5. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during, and after all practices.

***NOTES:**

1. Consideration should also be taken for any practices conducted in hot and humid weather in non-air cooled facilities.
2. Consult the Heat Index Chart, www.nsaahome.org, Sports Medicine Page

References:

National Federation of State High School Associations Sports Medicine Advisory Committee.
Heat acclimatization and heat illness prevention position statement. Published 2012.
<http://www.nfhs.org>.

NSAA SMAC Revised – March, 2016

NSAA SMAC Revised and Approved – April, 2015
NSAA SMAC Revised and Approved – April, 2014
NSAA SMAC Recommendations – April, 2013